

Abhyanga Massage - An Ayurvedic Medication For Body Comfort



Origins: Ayurvedic Massage refers to massage techniques derived from ancient Indian spiritual traditions. Its traditional aim was to maintain and promote a healthy body and mind. Historical Indian societies practiced medicine (Ayurvedic) and the art of healing using many different modalities such as massage, herbal therapy, yoga and dance. Ayurvedic massage also includes massage therapies intended to decrease pain and stress, improve circulation and blood circulation, detoxify the body, relieve muscle tension, improve flexibility and range of motion, and protect the skin, hair and muscles from trauma.

Types: Ayurvedic massage has similarities to many massage therapies, especially in its application to the nervous system and the effect it has on the whole body. These programs are known as the "eight limbs" of massage and include the head, neck, shoulders, hands, feet, stomach, back, legs and thyroid. Ayurvedic massage uses the exact same eight limbs to treat the same conditions in different areas of the body, but have differing application processes and effects to each limb. One of the most common types of massage that is used today is the Swedish massage, which uses smooth, long strokes applied by a trained practitioner.

Ingredients: In Ayurvedic massage, the practitioner applies rich essential oils which include several dozen distinct scents. Many of these oils are thought to be potent and should only be used under a professional's supervision. Ayurvedic oils are used for cleansing, lubricating and nourishing the entire body; however, some oils may be used individually for specific conditions. Popular oils include jasmine, sandalwood, eucalyptus and Rosemary oils. Ayurvedic oils can also be used for pain relief, cold compressions, detoxification, and for releasing stress.

To prepare an Ayurvedic massage, the therapist cleans the patient with soothing ointments and herbal massage. The exact preparation of these oils and herbs is set by the person's needs. A few of the herbs used for Ayurvedic massages may not be acceptable for specific skin types and might cause allergic reactions in certain people. Therefore, the therapist has to be aware of this before applying any specific herb or oil on the individual. In addition, some of the oils, such as sandalwood and jasmine, are very volatile and can burn the skin if they come into contact with the eyes, nostrils or lungs.

Massage oil: Ayurvedic massage therapists also use carrier oils in the mix along with the herbs for greater effects. Common carrier oils include apricot kernel, sweet almond, avocado, peach, coconut, peach butter and coconut oil. These oils are excellent for infusing the essence of the herbs as well as for massaging the entire body. The best carrier oils for this purpose are light and gentle, such that they do not leave behind any oily aftertaste on the individual's body.

Soaps: For massage to have a soothing effect, it is essential that the massage therapists use soothing soaps for washing the entire body. Soothing soaps are made from natural ingredients such as aloe vera, chamomile, lavender, and other herbs and spices. The scents of these soaps will provide you an idea about how much healing you can expect after the massage. You will find massage soap products available in the market. You can buy them easily at your local health stores or online stores. Massage soap can be a fantastic way to decrease skin sensitivity since they're made from natural ingredients.

Dosha: When performing an ayurvedic massage, it's important that the patient undergoes a deep relaxation therapy at the end of the session. The customer goes to the chair and lies down in the massage chair. The massage therapist then starts the process of massaging the entire body from head to toe with gentle and smooth strokes.

These four components are essential for achieving a satisfying self-massage. If you're looking to find out more about the benefits of this ancient form of Ayurvedic medicine, you can go to my website today. Read about the benefits of a suitable abhyanga massage session, about the curative properties of the herbs and spices used in a traditional ayurvedic massage, and about the various kinds of massage treatments available in India today.